



TIGER SHARKS

News & Swim Views

January 2006

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Coach's Corner:

Hello everyone!!! I hope all of you had a great holiday season. Now that we are finished with our mid-season championship meets, the coaches can assess where their swimmers are. As you have seen, with a little rest and the right preparation we had some great swims. With that in mind, I want to spend some time discussing why some people are successful and some are not at big meets. Success starts with preparation. Some athletes do a great job of preparing themselves to swim fast: they attend all practices, get lots of rest, eat correctly, and on top of these items, they do the intangibles that are important to their success. For some, the intangibles include extra stretching, mental training, better focus in practice, or just the ability step up and be at their best when it counts. As far as practice, rest, and nutrition are concerned, it is up to each swimmer to do his or her best. These three items work together and they are not a choice. Without one of them you will not swim your best. The intangibles are something that takes time to develop. Everyone is different and may have an alternate way of getting ready for a big meet. This is something that the swimmer and coach should discuss throughout the year so they are comfortable when the time comes. Lastly, everything revolves around training cycles. Older swimmers only get 3 or 4 opportunities each year to swim at their peak. It is important that they put themselves in a position to swim their best at these times. This is why the coach's continue to preach discipline, and they want the best from each swimmer everyday at practice, no more and no less. If you have any questions about what will make your swimmer better, please feel free to ask your coach. I guarantee they will have a few suggestions that will improve performance.

I would also like to discuss the upcoming winter invitational. It is essential for the club that EVERYONE volunteers some time during our meet. It is the only way for us to run a meet that other teams will continue to attend. If you have any questions please check the website. There will be plenty of information on how you can volunteer.

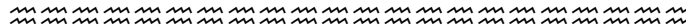
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(Coach's Corner, from p. 1) Also, for the first time, the coaches will enter swimmers in ALL groups. Please understand that we are doing this to improve the participation of our swimmers at meets. Each coach knows what his or her athletes are capable of swimming and will not enter them in an event that they are not ready for. We are hoping that by doing this, we can get the younger swimmers to compete in a wider variety of events. This will help the staff evaluate where your swimmer is in their training, and can help them prepare for the upcoming spring championship meets. Remember, coaches can learn more about a swimmer during one weekend at a meet than they would during a month of practice.

As always, thanks for everyone's continued support of our program. It truly amazes me how much we continue to grow and improve every year. Hopefully, 2006 brings you and your family health and happiness. Happy New Year!!! See you at the pool!!!

Phil



UPCOMING DATES

January 27-29	CSC Winter Invitational
February 24-26	Division II Championship
March 2-5	Region VIII Championship
March 10-12	Division I Championship
April 23	CSC Spring Banquet

RECYCLING AT CSC

Q: What do old fins and used ink cartridges have in common?

A: CSC needs both!

If you have old swim fins that your child has outgrown, please consider donating them to CSC. The Barracuda group needs fins of all sizes! If you have old printer ink cartridges, Coach Phil will be happy to take them off your hands. He trades them in for paper to print our club meet information on. Thanks for your help!

SWIM-A-THON RE-CAP

A super, gigantic THANKS to everyone who participated in the swim-a-thon! We raised almost \$4500 for our club. As our club grows, it is increasingly important for these fundraisers to be successful. We really appreciate those of you who stepped up and helped.

Kourtney Jordan from the Barracuda I group raised the most money with \$306!! WAY TO GO Kourtney! Others who earned their CSC hooded sweatshirt with collected donations of over \$200 were Nathan Stump, Isaac Stump and KC Stone.

Those who earned a CSC embroidered towel with collected donations of \$100-\$199 were Allison Wright, McKenna Markert, Leah Pierce, Austin McCray, Jordan Powell, JD Krueger, Shannon Kelly, Lauren Holman, William Dillamon, Kate Smith, Julie Schenker, Karim Khattab, Garrick & Cameron Olsen, Ferris & Sarah Dweik, Ethan Peterson, Grant Hendrix, Michael & Mary Sheahen, Claire Piester, Emily Christensen, Teadora Siman, Hanna Flanagan, Marie Pope, Chuck & Katherine Caldwell.

I apologize if anyone was left out. All donations were very much appreciated!

Kim Stone
Swim-a-thon Coordinator



MEET RESULTS



2005 Dolphin Invitational:

November 4-6, 2005



Name	Best Swims	Top 16	Top 8	Name	Best Swims	Top 16	Top 8
Christy Beck	2	4	2	Ethan Peterson	2	5	4
Elsa Becker	4	0	0	Leah Pierce	0	4	4
Katherine Caldwell	1	8	3	Marie Pope	0	4	4
Megan Chittum	3	10	6	Jordan Powell	3	6	0
Katy Coleman	4	2	1	Kay Rosenhauer	6	7	0
Lauren Cooper	2	3	1	Julie Schenker	0	4	4
Alec Diaz-Arias	1	5	5	Mary Sheahen	0	4	4
Danny Diaz-Arias	1	6	5	Michael Sheahen	2	3	3
Lucas Diaz-Arias	0	4	4	Katie Silvey	0	4	0
Reagan Dugan	3	2	0	Kristen Silvey	3	10	8
Kayla Durnil	0	4	3	Katie Smith	5	1	0
Tracy Fetterly	1	2	1	Harry Stanton	2	4	2
Jillian Goehl	4	1	0	Kc Stone	1	8	5
Elizabeth Harper	0	4	3	Isaac Stump	3	6	4
Matt Hendren	8	8	4	Nathan Stump	5	8	8
Taylor Holland	8	1	1	Chelsea Tatlow	5	4	2
Grant Hunter	2	4	4	Natalie Walker	4	3	0
Leah Hunter/0/4/	0	4		Blake Ward	3	9	9
Karim Khattab	1	4	4	Cameron Ward	2	4	2
Corey Murphey	1	4	3	Eric Wetz	1	8	8
Nick Nolin-Clark	3	4	2	Mary Wetz	0	8	3
Aislin Noltie	1	2	1	Allison Wright	2	9	6
Holly Payne	1	4	0				

Event Winners:

Elizabeth Harper	Open Women	200 Fly
Matt Hendren	14-under Boys	100 Breast
Karim Khattab	8-Under Boys	25 Back
Ethan Peterson	8-Under Boys	25 Breast
Leah Pierce	Open Women	100 Breast
Julie Schenker	Open Women	200 Free
Michael Sheahen	Open Men	1650 Free
Isaac Stump	8-Under Boys	25 Fly
Allison Wright	10-Under Girls	200 IM

2005 Tsunami Fall Round-Up:

November 18-20, 2005

Name	Best Swims	Top 16	Top 8	Name	Best Swims	Top 16	Top 8
Elsa Becker	3	0	0	Corey Murphey	2	10	7
Katherine Caldwell	0	2	1	Cameron Olson	2	4	0
Amy Chenault	3	1	0	Garrick Olson	2	0	0
Megan Chittum	1	0	0	Holly Payne	0	1	0
Katy Coleman	6	0	0	Ethan Peterson	2	4	3
Lauren Cooper	7	5	2	Leah Pierce	2	10	10
Alec Diaz-Arias	6	5	1	Claire Piester	1	8	4
Danny Diaz –Arias	0	7	7	Marie Pope	4	8	8
Katie Dirks	2	0	0	Kay Rosenhauer	0	0	0
Kayla Durnil	1	7	6	Julie Schenker	0	8	7
Ferris Dweik	3	1	0	Mary Sheahen	0	6	4
Sarah Dweik	4	0	0	Katie Silvey	3	3	0
Tracy Fetterly	2	0	0	Kristen Silvey	3	9	9
Jillian Goehl	5	0	0	Madeline Siman	4	0	0
Nick Harl	4	1	0	Katie Smith	6	0	0
Elizabeth Harper	1	6	5	Kc Stone	5	7	3
Lauren Holman	5	0	0	Isaac Stump	4	3	1
Grant Hunter	4	8	3	Nathan Stump	5	8	6
Leah Hunter	2	1	0	Chelsea Tatlow	3	0	0
Karim Khattab	1	3	3	Natalie Walker	2	0	0
Khaled Khattab	2	0	0	Eric Wetz	4	2	1
Alexis Longo	3	0	0	Mary Wetz	0	3	0
Austin McCray	4	2	1	Allison Wright	5	7	1
Marc Micatka	4	3	0				

Event Winners:

Leah Pierce	Open Women	100, 200 Fly, 100, 200 Breast, 200, 400 IM
Marie Pope	Open Women	100 Free
Julie Schenker	Open Women	200 Free
Kristen Silvey	11-12 Girls	100 Fly, 100 IM



Ferris Dweik, Karim Khattab, Isaac Stump, & Ethan Peterson
8-Under Boys 100 Freestyle Relay

Team Records Broken:

Grant Hunter 11-12 Boys 200 Backstroke

14th Annual Kerr-McGee Elite Pro-Am:

December 15-18, 2005

Name	Best Swims
Lauren Cooper	6
Danny Diaz-Arias	3
Kayla Durnil	5
Elizabeth Harper	3
Corey Murphey	2
Leah Pierce	6
Claire Piester	0
Marie Pope	7
Julie Schenker	1
Mary Sheahen	2
Mary Wetz	2

Individuals Placed in the Top 16:

Kayla Durnil	12 th Place	Womens 200 Breaststroke
Leah Pierce	2 nd Place	Womens 100 Breaststroke
	3 rd Place	Womens 200 Breaststroke
	6 th Place	Womens 200 IM
	8 th Place	Womens 400 IM

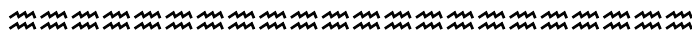
Relays Placed in the Top 8:

Women's 200 Medley Relay	6 th Place
Women's 400 Medley Relay	7 th Place

(Marie Pope, Leah Pierce, Elizabeth Harper, Julie Schenker)

Team Records Broken:

Leah Pierce Open Women 100, 200 Breaststroke, 200, 400 IM



Congratulations!

...to **Kayla Durnil** for qualifying for Junior Nationals in the 200 Breaststroke!!!!

...and to **Leah Pierce** for finishing in the Top 3 in both Breaststroke events and finishing 2nd to Olympic Gold Medallist Megan Quann-Jendrick in the 100 Breaststroke!!!!

**Missouri Valley Level II
Championships:**

December 3-4, 2005

Name	Best Swims	Top 8
Christy Beck	3	1
Ming Cheng	5	6
Tony Cheng	4	3
Megan Chittum	2	3
Connor Chrisman	1	1
Emily Christensen	2	0
Katy Coleman	4	6
Tracy Fetterly	2	2
Hanna Fanagan	2	0
Jillian Goehl	1	2
Grant Hendrix	2	0
Taylor Holland	3	0
Helen Lin	3	0
Alexis Longo	1	0
Austin McCray	3	6
Marc Micatka	2	0
Aislin Noltie	5	0
Ethan Peterson	2	0
Jordan Powell	5	1
Kay Rosenhauer	2	0
Harry Stanton	5	0
Natalie Walker	2	0
Blake Ward	0	3
Cameron Ward	4	0

Event Winners:

Katy Coleman 15-18 Girls 100 Free
Austin McCray 15-18 Boys 200 IM

2005 Ozark Open:

December 9-11, 2005

Name	Best Swims	Top 16	Top 8
Christy Beck	1	0	0
Katherine Caldwell	5	2	0
Amy Chenault	2	0	0
Megan Chittum	1	0	0
Katie Dirks	2	0	0
Coleman Hodges	8	3	1
Lauren Holmen	1	0	0
Grant Hunter	5	9	9
Leah Hunter	4	0	0
Kate Hunt	6	1	0
Holly Payne	4	1	0
Katie Silvey	5	1	0
Kristen Silvey	3	0	0
Kc Stone	4	3	0
Chelsea Tatlow	3	0	0
Eric Wetz	8	8	6
Junyi Wu	6	5	1

Events Won:

Grant Hunter (*Won all of his events!!*) 11-12 Boys
 100, 200 Freestyle,
 50, 100 Backstroke,
 50, 100 Breaststroke,
 100 Fly, 100, 200 IM
Eric Wetz 11-12 Boys 50 Freestyle

Team Records Broken:

Grant Hunter 11-12 Boys 50 Backstroke

What happened to the Hickman Pool?

As the swimmers of CSC already know, the Hickman Pool was unexpectedly shut down over the winter break beginning Tuesday, December 20, resulting in the cancellation of our holiday pizza party that day. This was due to a broken furnace. Fortunately, Columbia Public Schools was able to order parts and fix the furnace over the break and we were back at Hickman on Tuesday, January 3 as usual. In the mean time, the University of Missouri Rec Center was able to provide us lane space for all our swimmers so that we did not fall behind in our training. We are truly grateful for their helpfulness in this, and I sent a letter of appreciation on behalf of CSC to the Mizzou Rec Director, Diane Dahlmann. It was awe-inspiring to be at Mizzou over the break and see CSC swimmers of all ages filling the water there. I could really get a feel for how many wonderful swimmers we have!

Dana Sheahen
 President - CSC

**THANKS to our sponsors for your support in making this sport
such a great experience for our swimmers!**

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Longhorn Steakhouse		Columbia Sign Co.
Holiday Inn Select Exec. Center		Mid-America Land Services

Contact Information (revised September 2005)

CSC Hotline	For practice time and other information	443-4CSC (443-4272)
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